

Breastfeeding as a Single Mom

Patrice

The advice that I give to other single moms is just to know that you're not alone and that you can do it. I find that the definition of single mom is just so different to everybody and I would say just find a support system, whether it's your child's father, your parents, your family, your close friends, just a community list serve or group that you can get into and just, you know, know that you can do it because you're not the first single mother and you will not be the last.

Letisha

My decision to breastfeed was the first decision that I could make as a mom knowing that I was going to be raising the child, for the most part, on my own, and I also wanted my life to be as simple as possible and so when I was doing all the research in terms of the kind of childbirth that I wanted and how I was going to feed my child, breastfeeding seemed like the most natural choice for me.

Michele T.

The challenges of being a single mom and nursing were late night feedings, having to get up and go to him versus having someone bring him to me and nursing. With the long commute that I had I oftentimes would, you know, maybe forget a piece of my pump or my flange and, you know, have to work around that, but, you know, at the end of the day you just work through it. I knew that I wanted to nurse and I just used that internal feeling as my guiding principle in moving forward with it as long as it felt right for me. For other women in similar situations I would advise use whatever support network that you have around you, be it friends or other family. Also, trust your own instincts and what's right for you.